



Sharing your dog with your ex

This (ex)couple does, and they got advice for you

metroLIFE

FAST FORWARD YOUR FUTURE



Picture yourself in a career as a Graphic & Print Technician

Get Ready for Fall!
Come to Our Open House on February 22 & 23

mitt.ca/gtech

MANITOBA INSTITUTE OF TRADES AND TECHNOLOGY

Winnipeg metro



JOHANNA SCHNELLER
Black-ish takes Trump win head on — and it's powerful
metroLIFE

Your essential daily news | TUESDAY, JANUARY 17, 2017

High -3°C/Low -5°C Partly cloudy



Parents main culprits in child-abuse rings

SEXUAL EXPLOITATION

Survey based in Winnipeg finds half victimized by a network

It would often happen late at night.

A father, respected as a professional and family man, would awaken his two toddler daughters and take them to his back office, away from the bedrooms where their mother and siblings slept.

Groggy and confused, the girls would follow his instructions and pose naked against a studio backdrop or with props such as boas and coconut bras and hula skirts.

As they grew older, strange men would arrive when their mother was away. Under their father's guidance, the girls would reluctantly agree to do what they were told.

"I would see him over me and

we were both naked," recalls Odette, now 23, one of three sisters speaking publicly for the first time about the abuse their father inflicted. "He would tell me it was a special bond for us."

The father would post their special bond with parents and abusers across the U.S. and Europe as a central player in an international child exploitation ring involving more than a million images.

Odette and her sisters Rosemary and Lucy (pseudonyms they chose) are among the victims of what a new international survey conducted by the Winnipeg-based Canadian Centre for Child Protection suggests is a widespread tragedy — child exploitation rings led by parents of the abused.

Responses from 128 child-abuse survivors across North America and Europe found 52 per cent were victimized by a network of abusers, overwhelmingly involving their own parents, who shared images and even their children themselves

with others. In most cases — nearly 70 per cent — images were then shared with millions more strangers online.

Most survivors are haunted by the online life of the imagery. More than 70 per cent surveyed said that the imagery never ends and makes them feel vulnerable to being recognized. About 90 per cent said their abuse affected both their education and professional success, in part because they know their victimization continues online.

About 30 per cent said they had been recognized by someone who saw their images online. Of those, 64 per cent said they were "targeted" — either blackmailed or propositioned.

"We were definitely most shocked about the extent of organized child sexual abuse in our survey," says executive director Lianna McDonald. "We learned that often those closest and most

trusted by children were responsible for not only abusing their children, but sadly, also orchestrating and facilitating the abuse by many others."

The story of the three sisters is the story of most child abuse victims. Their abuse, like 60 per cent of survey respondents, involved a parent, most often a father. Like the more than 80 per cent of respondents, they are female.

The exploitation of the sisters began, like nearly 90 per cent of survey respondents, before age 12. Like all respondents in the survey, their abuse was recorded.

That father, whose name is being withheld to protect the identity of the women, is in prison. He was sentenced more than a decade ago, along with more than 20 others, to 30 years for conspiracies to sexually exploit children and produce and distribute sexually explicit material.

TORSTAR NEWS SERVICE

70%

Rough percentage of cases in which images were shared with strangers online

Dissent alone isn't enough, metroVIEWS



CONQUER ALL CONDITIONS

SALES EVENT

NO CHARGE ALL-WHEEL DRIVE
ON SELECT MODELS

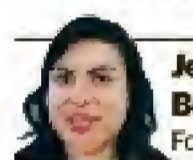
Birchwood NISSAN
SEE **PAGE 7** FOR SPECIAL OFFERS!



Millennials 'busy trying to survive', Ashton says

EMPLOYMENT

New Democrat's tour uncovers harsh truths for country's youth



Jessica Botelho-Urbanski
For Metro|Winnipeg

Last year, NDP MP Niki Ashton set out to discover just how bad the working situation is for millennials in Canada.

Anecdotally, the Churchill-Keewatinook Aski MP and NDP critic for jobs, employment and workforce development had heard of many young people forced to work freelance and rely on short-term contracts to survive.

Ashton stopped in 14 cities across the country in 2016 for town hall meetings with millennials to hear their stories. Ashton, 34, is a part of the generation, which spans from about 18 to 35 years.

She will be discussing her findings in a lecture at the University of Winnipeg Wednesday entitled *The Precarious Generation: Millennials Fight Back*, from 6:30 p.m. to 8 p.m. in Room 1L13, followed by a question and answer period.

The interview has been edited for length and clarity.

Metro: What are some of the things you learned from

millennials during your listening tour? And did they have a lot of the same issues across the country or did they vary greatly?

Niki Ashton: "Definitely lots of growing, common themes. Basically (there was) a growing sense of hopelessness. We heard from young people that said flat out, they're incapable of dreaming of a future ... people are just busy with trying to survive. We had a number of young people tell us in our meetings that they can't imagine having kids because they don't have financial security themselves, never mind bringing somebody into this world."

We heard about how precariousness is often exacerbated if you're a racialized worker, if you're a woman, if you're LG-BTQ. And we heard about how young people in many cases are made to feel alone — that somehow they did something wrong, they didn't pick the right education path or career path. But many, even in these meetings, have come to realize that they're not alone and that many people are facing what they're facing."

Metro: How are you helping millennials after hearing all their grievances?

Niki Ashton: "(The NDP) did do a call to action at the beginning of December ... and I'll be talking a bit about that on Wednesday night."



NDP MP Niki Ashton will be in Winnipeg on Feb. 18 to talk to students at the University of Winnipeg about how they're handling precarious work situations. **TORSTAR NEWS SERVICE FILE**

We've called on the prime minister numerous times — who's also the minister of youth — to heed this call to action ... We're going to continue to push this call to action, but it really is up to the

Prime Minister and his government to hear what we've put forward: to listen to millennials, to drop the rhetoric around getting used to the job churn, which we heard from the finance minister, and also

to stop, I would say, sidelining this issue. It's only going to get worse ...

Metro: In terms of leadership, have you given more thought to if and when you will run for the NDP leadership?

Niki Ashton: "I'm still thinking about it. There's no limit or date that I've set. We were very busy with fighting key issues here in the riding ... I'll be taking the next period of time to think about it more, have more conversations about it ... For me, any leadership race needs to be about ideas and that takes time to reflect on and to flesh out. I'm in no rush."

Metro: Was this national tour a way for you to test the waters — to get face time with young people and hear their issues, hear their ideas — before possibly running?

Niki Ashton: "The national tour was very much focused on what we intended it to be and we started it before we even knew about the leadership vote in April. I've been on this since (last) January. The national tour is really a reflection of my critic area and what, as a millennial in politics, where I think our political leaders need to be giving more attention."

Obviously the discussions around leadership would come up in informal conversations, people would ask me about it. But I was quick to bring it back to what we were all doing here ...

COURTS

Witness says he saw girl

One of the last people to see 13-year-old Candace Derksen alive testified Monday that he had a crush on the girl, jokingly threw snow in her face and briefly saw her walk away from her school.

It would be six weeks before her frozen, hog-tied body was found inside a plywood shed in an industrial yard, and two decades before a man with a long criminal record was charged with the killing.

"I said, 'Are you going home?'" and she said 'Yeah,'" David Wiebe told court. "I said, 'OK, if I had time I'd walk you home.'"

Wiebe was the first witness to testify at the retrial of Mark Edward Grant. Grant was charged in 2007 following DNA testing on twine used to bind Derksen, and convicted in 2011 of second-degree murder.

The conviction was overturned two years later when an Appeal Court ruled the trial judge erred in not allowing Grant's defence to present evidence that pointed to another possible killer — an unidentified person who tied up a 12-year-old girl in 1985 while Grant was in custody on another matter.

The Crown on Monday proceeded with a new trial which is scheduled to last 34 days.

Grant, now in his 50s and dressed in a dark suit, said "not guilty" as he was asked for a plea on a charge of second-degree murder. Not far behind him, the victim's parents, Cliff and Wilma Derksen, sat quietly.

THE CANADIAN PRESS



CANADA'S ROYAL
WINNIPEG BALLET

ANDRÉ LEWIS
ARTISTIC DIRECTOR

MIXED PROGRAMME

ANGELS IN THE ARCHITECTURE + CELTS + VERTIGINOUS + DON QUIXOTE PAS DE DEUX

JAN 27 - 28 / 2017 PANTAGES PLAYHOUSE THEATRE

Choreography Mark Godden / Lila York / William Forsythe / Marius Petipa

PRESENTING SPONSOR:



STUDENT MAJINEE SUPPORTERS:



IN MEMORY OF
Peter D. Curry

TICKETS FROM \$29! plus applicable taxes & fees **RWB.ORG**

BY THE NUMBERS

Bowman's approval rating slips

A new poll released by Mainstreet Research on Monday ranks Winnipeg's mayor eighth among those currently in office in major cities across Canada. STEPHANIE TAYLOR/METRO

Winnipeg's mayor is among the lowest ranked out of 10 municipal leaders in Canada.

On Monday, Mainstreet Research released the results of a Postmedia-sanctioned poll that lists the approval ratings of 10 Canadian mayors and their councils. According to the poll, Brian Bowman ranked eighth.

Responders were asked "Do you approve of the way Brian Bowman is handling his job as mayor?"

The poll shows 53 per cent of those surveyed said they approved of Bowman, while 34 per cent said they did not and 13 per cent didn't know.

Ottawa's Jim Watson and Saskatoon's Charlie Clark ranked in first and second place, respectively.

In July 2016, Probe research published a poll that showed Bowman had an approval rating of 69 per cent.

In total, Mainstreet surveyed 6,103 Canadians on Jan. 3 and 4 over cell phones and landlines.

The poll cited a margin of error of +/- 3.91 to 4 per cent, 19 times out of 20.

Relative popularity of mayors across the country according to a new poll.

DATA COURTESY MAINSTREET/POSTMEDIA; GRAPHIC BY ANDRÉS PLANA

79%



Jim Watson

65%



Naheed Nenshi

58%



Don Iveson

55%



John Tory

53%



Brian Bowman

50%

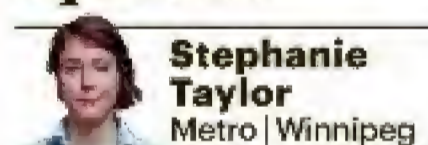


Gregor Robertson

Keep the feeder, but clean up

BYLAWS

Neighbours complained of trouble with squirrels



Stephanie Taylor
Metro | Winnipeg

A St. James woman is allowed to keep a bird feeder in her backyard — as long as she keeps it clean.

Debra Belcourt appeared before Monday's meeting of the

protection, community services and parks committee to appeal a violation order issued by the city.

The order states Belcourt is in violation of the Neighbourhood Livability Bylaw by keeping her yard in an unsanitary condition, due in part to the presence of a feeder that is said to attract many squirrels and mice.

Belcourt told Monday's committee the bylaw officer who inspected her property last November mischaracterized the structure as a squirrel feeder, when in fact it was purchased at a speciality store and is intended for wild birds.

"If squirrels grab a peanut

or a seed or whatever, it's not a big deal. It's just not," she told reporters on Monday.

Committee chair Coun. Mike Pagtakhan read written complaints from some of Belcourt's neighbours, who allege that she purposely feeds squirrels, which in turn wreak havoc on nearby lawns.

Belcourt, who has lived in her St. James home for 35 years, said she feels targeted by her neighbours and claimed they lodged complaints about her yard as a bullying tactic.

Monday's committee ultimately voted to uphold the city-issued violation order, and told Belcourt

she could keep the feeder so long as she cleans her yard.

Afterwards Winston Yee, manager of bylaw enforcement and homelessness strategies, clarified that residents are allowed to feed animals.

"The rules were about keeping your yard in a clean, sanitary condition," he said.

Belcourt said she usually keeps her yard clean, but acknowledged it was a mess when the bylaw officer visited fall, which was evident in photographs shown to Monday's committee.

The pictures showed wood, peanuts and pieces of fruit were strewn in her yard.



Debra Belcourt's neighbours complained about the state of her yard around her bird feeder, alleging it was unsanitary due to her feeding wildlife such as squirrels and mice. LYLE STAFFORD/FOR METRO

Your Plasma Donation is Needed



PROMETIC
PLASMA RESOURCES INC.

(204) 275-4630
137 Innovation Drive

Located in SmartPark near the University of Manitoba Fort Garry Campus

**DONATE PLASMA,
SAVE LIVES**

Donors will be compensated for their time associated with making a donation



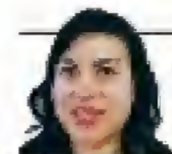


Students in Sistema Winnipeg learn to play the violin (among various other instruments) at Elwick Community School and King Edward Community School. CONTRIBUTED/KRISTI NIKKEL

Winnipeg's 'own little symphony'

EDUCATION

Music program flourishing despite cost, high demand



Jessica Botelho-Urbanski
For Metro|Winnipeg

Six years into its mandate, an after-school music program catering to kids in the North End and The Maples wants to expand its programming into its feeder high schools and create a cycle of music mentors.

"One of our big goals is to be working to that full orchestra in the coming years. We want to have our own little symphony, so we're getting closer and closer to that," said Shannon Darby, manager of Sistema Winnipeg.

Darby works with members of the Winnipeg Symphony Orchestra to teach about 150 children ages six to 13 how to play

instruments, including violin, cello, bass, clarinet, flute and trumpet, at Elwick Community School and King Edward Community School.

Sistema started with 30 kids at Elwick in 2011, drawing inspiration from a similar state-run project in Venezuela that caters to about 500,000 youth.

Now schools across Winnipeg have been asking when they can bring Sistema on board, Darby said. But the organization is focused on getting kids off their current waitlists and following them through high school.

King Edward Community School has about 20 kids on its waitlist, staff said. Elwick also has a waitlist, though administration wasn't able to confirm how many children are on it before deadline Monday.

Programming for each student runs about \$3,000 per year, between instruments, instruction, music and administration costs. Sistema runs for three hours after school, five days a week providing a safe and constructive space for kids whose

\$3,000

Programming for each student runs about \$3,000 per year.

families wouldn't be able to afford music lessons otherwise, Darby said.

Kristi Nikkel, a second-year creative communications student at Red River College, is organizing a fundraiser to give Sistema a boost.

"Not a lot of people know about (Sistema) and I wanted to change that because it is such a worthy cause. These kids practise every day after school for three hours. It's very intensive and they're very dedicated," Nikkel said.

Nikkel hopes to get two kids off the waitlist by raising \$6,000 through her benefit concert Music 4 Music on Feb. 11 (7 p.m. at Red River College, 160 Princess St.) as well as a GoFundMe page at www.ow.ly/ITHV30848jp.

MENTAL HEALTH

School division's new training in understanding effects of stress



Braeden Jones
Metro|Winnipeg

Mental health struggles aren't unique to adulthood, so it makes sense that schools in Winnipeg are providing students with more and more mental health supports every year.

Recently, Winnipeg School Division (WSD) teachers, administrators and school psychologists were trained in a new

"self-regulation" curriculum that student services consultant Jón Olafson said will help kids better understand how stress affects them, and how to manage it properly.

The renowned "Dr. Shanker Self-Reg" method, he explained, is a "framework of understanding" that recognizes the science behind stress and reframes it through self-regulation.

"It's a language for teachers, councillors, school psychologists, and social workers...

not necessarily looked at as a program, but more teaching... (how to) read the signs of stress," reframe the behaviour, recognize various stressors, and respond with a personalized strategy to limit the stress moving forward.

Around 350 employees of the WSD and other divisions attended a self-regulation workshop session run by Susan Hopkins and Eunice Lee of Toronto's MEHRIT Centre, which Dr. Shanker started in 2012.

JOB OPPORTUNITY



Election workers are required for the upcoming byelection in Point Douglas.

- Paid positions open to residents of Point Douglas
- Paid training provided

APPLY ONLINE

electionsmanitoba.ca
or call 204-945-3225
Toll-free: 1-866-628-6837

ElectionsManitoba **X**

Manitoba Prostate Cancer SUPPORT GROUP



Speaker: Dr. Sabine Mai

Topic: Prostate Cancer Research

Location: Cindy Klassen Rec Complex
999 Sargent Ave.

Time: 7 - 9 pm

Prostate Cancer MEETING

January 19th, 2017

FREE ADMISSION

www.manpros.org Phone: 204-989-3433

Trudeau trip to be probed

ETHICS

Watchdog to investigate use of Aga Khan's helicopter

Canada's ethics watchdog plans to take a closer look at Justin Trudeau's recent family holiday at the Aga Khan's private island in the Bahamas, fanning the flames of a controversy the government has so far been unable to snuff out.

Trudeau's holiday with the Aga Khan — a family friend, noted philanthropist and hereditary spiritual leader to the world's approximately 15 million Ismaili Muslims — bears closer scrutiny, ethics commissioner Mary Dawson confirmed Monday.

In a letter to Blaine Calkins, one of two Conservative MPs who filed formal complaints, Dawson said she will examine both Trudeau's stay at the island and his use of the Aga



Justin Trudeau and Aga Khan in May 2016. SEAN KILPATRICK/THE CANADIAN PRESS

Khan's private helicopter to get there.

Dawson wrote that she has "commenced an investigation" to determine if Trudeau broke two sections of federal ethics laws "in connection with his recent stay at and travel to the Aga Khan's privately owned island."

The vacation included Trudeau, his wife and three kids, Liberal MP Seamus O'Regan and Liberal party president Anna Gainey, all of whom took part in helicopter flights between the capital city of Nassau and the secluded island.

THE CANADIAN PRESS



Police guard the entrance of the Blue Parrot nightclub in Playa del Carmen, Mexico.

THE ASSOCIATED PRESS

MEXICO

Canadians killed in shooting

Two Canadians were among at least five people killed Monday in a shooting attack at an electronic music festival in Mexico's Caribbean coast resort of Playa del Carmen, Mexican authorities said.

And Canadian government officials added that at least two other Canadians were wounded in the deadly incident at a popular night club.

The attorney general of Quintana Roo state said three of the dead appear were part of

the security detail at the 10-day BPM electronic music festival.

Miguel Angel Pech said the shooting occurred about 2:30 a.m. at the Blue Parrot nightclub, one of the BPM Festival's venues in Playa del Carmen, just south of Cancun.

Pech said a lone gunman apparently tried to enter the nightclub, but was denied access because he had a gun.

The gunman began to exchange fire with another person inside, he said, and festi-

val security personnel tried to stop the shooting and came under fire.

Pech said it was not a terrorist attack and that three people had been detained nearby, but it was unclear if they had been involved in the shooting.

"We know of another shooting incident that occurred near the nightclub, but we are investigating whether that is related" to the nightclub shootings," Pech said.

THE ASSOCIATED PRESS

IN BRIEF

Home sales rebound

Home sales are not going to be as big of a boost to the Canadian economy this year as they were in 2016, the Canadian Real Estate Association said Monday as it released its latest batch of figures.

The real estate association says home sales were up 2.2 per cent in December from the previous month, rebounding partially from a big drop following the introduction of new mortgage rules.

THE CANADIAN PRESS

Family finds pills in tub of ice cream

Niagara regional police are advising residents to be alert after discovering Advil capsules in a container of ice cream.

They say a resident opened a sealed container of Iceberg French Vanilla ice cream and began serving it to family members before discovering about eight pills in the container.

No one ingested the pills found inside the ice cream. THE CANADIAN PRESS

ONLY 7 DAYS LEFT!

SHAPES[®]
Fitness Centres

1ST MONTH FREE

+ \$0 ENROLLMENT

*WITH 1 YEAR MEMBERSHIP
EXPIRES JAN. 23, 2017. Must present coupon. See club for details.

INCLUDES

\$50
FITNESS COACH
ASSESSMENT

WOMEN'S
ONLY

SHAPES[®]
Women's Fitness Centres

24
HOURS

SHAPES[®]
Co-Ed Fitness Centres

CONVENIENTLY LOCATED THROUGHOUT WINNIPEG!

www.shapes.ca



We Offer
Hot Yoga



Learn Anywhere, Anytime

When it comes to pursuing your educational goals, location and scheduling are no longer barriers.

Take advantage of our flexible delivery to achieve your career goals and improve your skills in a wide range of subjects.

We offer courses and programs in:

- Business and Management
- Community Services
- Education
- Health Sciences
- Information Technology
- Trades

rrc.ca/online

Suspect in Istanbul New Year's attack captured



The Reina club attack suspect after being caught by Turkish police in Istanbul on Monday. DEPO PHOTOS VIA THE ASSOCIATED PRESS

TERRORISM

Massacre claimed 39 lives, including one Canadian

A gunman suspected of killing 39 people including a Canadian woman during a New Year's attack on an Istanbul nightclub has been caught in a police operation, Turkish media reports said early Tuesday.

The suspect was captured in a special operations police raid on a house in Istanbul's Esenyurt district, private NTV television reported. The broadcaster said he had been staying in the house belonging to a friend from Kyrgyzstan.

Daesh has claimed responsibility for the nightclub massacre, saying the attack in the first hours of Jan. 1 was in reprisal

for Turkish military operations in northern Syria. The man identified as the suspect had been on the run since the attack.

Hurriyet newspaper and other media have identified the gunman as Abdulkadir Masharipov, an Uzbekistan national. The suspect was to undergo medical checks before being taken to police headquarters for questioning, the paper said in its online edition.

Dogan news agency published what it said was the first image of the attacker. It showed a bruised, black-haired man in a grey, bloodied shirt being held by his neck. Private NTV television said the gunman had resisted arrest.

NTV reported that the suspect's Kyrgyz friend and three other people also were detained. His four-year-old child, who was with him at the home, was taken into protective custody.

THE ASSOCIATED PRESS

Global digest

NORTHERN IRELAND

Unity government falls

Northern Ireland's shattered unity government will be dissolved next week to make way for an early election demanded by the coalition's main Irish Catholic party, the secretary of state for the British territory announced Monday.

SOUTH KOREA

Samsung scion accused

In a departure from the leniency typically given South Korean big businesses, prosecutors on Monday requested the arrest of the de facto head of Samsung Electronics, the country's most valuable company, in an influence-peddling scandal that has toppled the country's president.

KYRGYZSTAN

Cargo plane crash kills 37

A Turkish cargo plane crashed Monday in a residential area just outside the main airport in Kyrgyzstan, destroying half of a village and killing at least 37 people in the plane and on the ground, the Emergency Situations Ministry said.

NIGERIA

Bombers kill professor, child

Three suicide bombers, including a child, exploded at dawn Monday at Nigeria's northeastern University of Maiduguri, killing a university professor and another child, witnesses and police said. The bombers also died. One blast ripped through the mosque.

THE ASSOCIATED PRESS

Service Directory

To advertise call 204.943.9300

OPPORTUNITIES



iMARKETING

CALL CENTRE AGENTS NEEDED

NOW HIRING

- Earn up to \$700+ Weekly
- Guaranteed Hourly Wage
- Daily and Weekly Performance Bonuses
- Flexible Schedules Available
- Paid Every Friday
- Great Downtown Location
- Advancement Opportunities
- Full and Part Time Shifts Available
- Seniors and Students Welcome

FLUENT English a MUST

Contact Amber Pruden at 204-943-4952 ext 6
Email: amber.pruden@imkcp.com

PSYCHIC

WORLD FAMOUS INDIAN ASTROLOGER & PSYCHIC

PANDIT: RAM GURUJI

OPEN 7 DAYS 10AM-8PM



MASTER IN

PALM READING, FACE READING, HOROSCOPE





MASTER RAMGURU SOLVES PROBLEMS LIKE:

• Divorce	• Business	• Lottery
• Court	• Finance	• Success
• Work	• Drinking	• Job
• Husband-Wife	• Health	• Bad Luck
• Children	• Family	• Depression

Performs kalimata Prayers & Removes Black Magic Jadoo, Voodoo 100%

FAST RESULTS, ACCURATE SOLUTIONS

HE GUIDES YOU ON THE PATH OF HAPPY LIFE

CALL FOR APPOINTMENT 204.291.5127

1739 MANITOBA AVE, R2R 0V7 (KEEWATIN ST, WINNIPEG)

Poutine, politics at Trump tailgate

INAUGURATION

Canada's party at its embassy a hot ticket for U.S. bigwigs

No, Donald, not Putin. Poutine.

Canada's embassy in Washington, D.C., is celebrating Donald Trump's Friday inauguration with an invitation-only "tailgate" party featuring delectable Canadian cuisine — "including but not limited to poutine, British Columbia salmon, Canadian beef and tourtière," embassy spokeswoman Christine Constantin said in an email.

There might be tasty surprises. The 2013 party for Barack Obama's second inauguration involved Tim Hortons coffee, Molson beer, Crown Royal whisky and BeaverTails.

The embassy shindig is always one of the most sought-after tickets of America's celebration of democracy. Partly because Americans like Canadians, sure, but mostly because of its unsurpassed view of the parade route. The Arthur Erickson building on Pennsylvania Avenue is the

only embassy located between the White House and the Capitol.

The party has been held since Bill Clinton's inauguration in 1993, though it hasn't always been a "tailgate." Canadian diplomats this time expect 1,800 guests, including big shots in politics, diplomacy and business. Newt Gingrich, a prominent Trump ally and the former speaker of the House of Representatives, has shown up for three inaugurations in a row.

Most of the guests will hang out in the embassy courtyard and indoor Canada Room and theatre, watching Trump's swearing-in and inaugural address on television screens. The elite among the elite will get to have brunch with Ambassador David MacNaughton on the 6th floor, which offers majestic views of the Capitol.

Like most of official Washington's social events, this one serves a political purpose. Canada's schmoozing with U.S. power brokers may be especially critical at a time when the incoming president is vowing to renegotiate the North American Free Trade Agreement, impose new import taxes, pursue "Buy

+ INAUGURATION

Military bands, Boy Scouts to join parade

Military bands and units from all branches of the service, high school bands and even the Boy Scouts and Girl Scouts will join newly sworn-in President Donald Trump in Friday's Inaugural parade.

More than 8,000 people are expected to follow the new president as he proceeds from the swearing-in ceremony on at the Capitol to the White House.

THE ASSOCIATED PRESS

American, Hire American" economic policy and change the U.S. relationship with its military allies.

"Hosting an event at our embassy gives Canada an excellent opportunity to welcome important guests, further build on our relationships and continue to advance Canada's interests in the United States," Constantin said.

TORSTAR NEWS SERVICE



The view of the U.S. Capitol from the Canadian Embassy in Washington on Jan. 20, 2009 — the day Barack Obama took the Oath of Office to become president. AARON HARRIS/TORSTAR NEWS SERVICE



CONQUER ALL C^{SNOW}NDITIONS SALES EVENT

NO CHARGE
INTELLIGENT ALL-WHEEL DRIVE ON SELECT MODELS
OR GET GREAT LEASE OFFERS ON OTHER SELECT MODELS



S FWD model shown*

2017 NISSAN MURANO*

LEASE* FROM \$405 MONTHLY WITH \$0 DOWN .. THAT'S LIKE PAYING ONLY

\$93 AT **3.49%** | **\$32,662**

WEEKLY ON 2017 MURANO S FWD

APR FOR 60 MONTHS

CASH PURCHASE PRICE



S FWD model shown*

THE NEW 2017 NISSAN ROGUE*

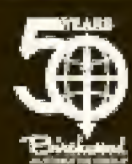
LEASE* FROM \$258 MONTHLY WITH \$1,495 DOWN .. THAT'S LIKE PAYING ONLY

\$59 AT **0.99%** | **\$27,162**

WEEKLY ON 2017 ROGUE S FWD

APR FOR 60 MONTHS

CASH PURCHASE PRICE



**Birchwood
NISSAN**

Call: 204-261-3490
birchwoodnissan.ca

**POINTE WEST AUTOPARK
50-3965 PORTAGE AVENUE**

Offers available until January 31, 2017. **\$2,200/\$2,000 No Charge All-Wheel Drive upgrade is available on select new 2017 Rogue (excluding S FWD and SV special edition FWD) / 2017 Murano (excluding S FWD) models. Offer consists of a discount that can only be used at the time of initial purchase/finance and applied towards: (i) the purchase of an All-Wheel Drive system from an authorized Nissan dealer; and/or (ii) the purchase price of the vehicle. Payments cannot be made on a weekly basis, for advertising purposes only. *Representative monthly lease offer based on a new 2017 Rogue S FWD/2017 Murano S FWD 0.99%/3.49% lease APR for 60 months equals monthly payments of \$258/\$405 with \$1,495/\$0 down payment, and \$0 security deposit. Lease based on a maximum of 20,000 km/year with excess charged at \$0.10/km. Total lease obligation is \$16,947/\$24,304. Offers available OAC through Nissan Canada Finance for a limited time, and cannot be combined with any other offers. See Birchwood Nissan for details. Dealer permit #0086

VICKY MOCHAMA ON PROGRESSIVES LOSING THEIR OWN GAME

Direct action is not an exclusively left phenomenon. In fact, it was activism, in various forms, that won the U.S. election for Donald Trump.

With the publicity of activist movements like Idle No More, Black Lives Matter and Occupy Wall Street, it's easy to say that activism failed to win the American election.

In fact, activism elected Donald Trump. Activism, too, will be necessary in the next few years.

After the election of Barack Obama, two ongoing phenomena strengthened in volume and vigour.

First, there was the Republican strategy of engineering the boundaries of electoral districts to its own advantage. Having won governorships and legislatures in key states like Pennsylvania and Michigan after redistricting campaigns, the GOP began winning at the national level where Democrats had usually won or traditionally had a fighting chance.

With millions of dollars in funding, such efforts changed the electoral map. In politics, malfeasance is the name of the game. Done artfully, it's strategy.

This was at time when resistance to the ideas that elected Barack Obama began to coalesce online. In spaces once devoted to gaming and picking up women, men (and some women) shared their frustrations with being alienated by the gains of feminism and identity politics. Thus, they organized.

These activist streams

found common cause across the Obama years on issues like abortion, and equal marriage. In Trump, however, the net effect: a society that has more readily accepted the racist, sexist and xenophobic politicians who now enjoy broad governing power across the

Focus on people's economic anxiety. Get out of your bubble. Stop talking about race.

It's very liberal to dull the edges of one's harshest criticisms. It is a crazy-making proposition. The solution shouldn't be to back off. The left needs to



GOOD for GOOSE, GOOD FOR GANDER President-elect Donald Trump raises his fist, a gesture that since ancient times has signified resistance, at a rally in Alabama in December. gerry

federal branches and in almost two-thirds of states.

Clearly this amounts to a virulent and intolerant brand of activism. And it has radically altered politics.

And yet, in the aftermath of the election, left-leaning people have been told to dilute their messaging,

become louder and more forceful in its criticism and its co-ordination.

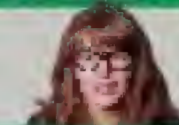
There are a breadth of activist groups, from the water defenders of Standing Rock to the organizers of Black Lives Matter, advancing a cultural conversation around human rights. The liberal majority that



Dissent has its share of downsides

INSIDE THE PERIMETER

Shannon VanRaes



North American auto makers were shuttering plants, Yugoslavia was descending into war and M.C. Hammer had just released Too Legit to Quit — and somewhere deep in rural Ontario I was about to discover the power of activism.

The year was 1991.

A months-long expansion of my beloved Summers' Corners Public School was near completion and as students prepared to move into the new digs we got the bad news — the school's name would be changed to Malahide Public School.

Outraged, I marched out of my Grade 3 classroom and into the principal's office seeking permission to circulate a petition asking the board to reverse its decision. I still remember Mr. Murray's dour expression as he said, "You can, but it won't change anything."

How wrong he was.

Summers' Corners Public School still stands today, welcoming new generations of students under the old name more than a quarter-century after the fact. But while my elementary school has thrived in the intervening years, my confidence in activism has been somewhat tempered.

Attend a political rally today and you'll be hard-pressed to pin down what exactly is being protested. One issue bleeds into another as anti-war becomes anti-tarsands becomes treaty rights becomes flood compensation becomes government reform and on and on.

All are arguably worthy issues, but when presented as a general mass of discontent, activism proves an ineffective

mechanism for change. One need look no further than the failed Occupy movement to see the pitfalls.

And so, while I haven't abandoned the belief that activism can be a powerful tool for speaking truth to power, the grit of time and experience has revealed my inner pragmatist. I question the effectiveness of campaigning to end one practice or stop one project with no aim beyond the immediate goal. Is it worth fighting to prevent, say, one oil pipeline when it will do nothing to decrease the use of fossil fuels? Would activists see more results by pushing for electric-vehicle infrastructure?

If activism that pits one way of life against another does have the power to create systemic change, I haven't seen it. Real transformation still requires a groundswell of support and a critical mass to propel it forward.

Yes, activism can save a library, change a law and even revitalize a community. And, yes, activism can play a role in popular movements, but activism alone cannot change social mores and it cannot change the core functioning of the systems we live and govern by.

Activism is by its nature adversarial, it's a way to fight for or against something. But as the world enters an era of uncertainty and polarization, it may be that movements based on radical empathy and critical discussion prove more valuable than those centred purely on dissent.

There will be challenges ahead, there will be reasons to fight, causes too important ignore, but if those who see activism as the way forward don't acknowledge its limitations, then the battle has already been lost.

DAILY ACTIVIST AFFIRMATION Heed Joe Hill!



"As 2017 kicks off, labour organizer and singer Joe Hill's century-old words as he faced a Utah firing squad ("Don't waste any time in mourning. Organize!") have taken on a renewed meaning. In the face of what can seem like overwhelming odds, time and time again, people have shown that successful organizing against injustice, building power through building and strengthening organizations and community depends on lots of vital but unseen everyday 'grunt work.'"

- Prof. Aziz Choudry, author of Learning Activism

metr Your essential daily news


CHIEF OPERATING OFFICER, PRINT
Sandy MacLeod

VICE PRESIDENT & EDITOR
Cathrin Bradbury

EXECUTIVE VICE PRESIDENT,
REGIONAL SALES
Steve Shroat

MANAGING EDITOR WINNIPEG
Lucy Scholey

ADVERTISER INQUIRIES
adinfo@winipeg@metronews.ca
General phone 204-943-9300

FREE TO SHARE 

PHILOSOPHER CAT by Jason Logan

THE TIME IS
ALWAYS RIGHT
TO DO WHAT'S
RIGHT.
— MARTIN LUTHER KING



Philosopher cat now at
www.mymetrestore.ca



CULTURE

The separation of dog 'parents' can be tough on the pooch too

As Tiana Leonty and Jarret Wright's relationship was ending their biggest concern was "What do we do with Rex?"

The 72-pound German shepherd mix was a handful. Almost five years old and racked with separation anxiety, a condition they expected would only be aggravated by losing a "parent" in a leash tug of war.

They bought him together, trained him together, and adored him together.

"We both loved Rex right away," says Leonty, who, like Wright, grew up with a dog. Rex came into their lives in 2015 as a three-year-old rescue. The Toronto-based actors, who had been living together for two years, broke up just four months after getting the dog and faced the question of what to do with Rex.

"I could not take him from Jarret. It would break my heart," Leonty says. Wright too couldn't part with Rex or take him from Leonty, so the ex-couple decided to "co-parent" instead.

This arrangement could become more commonplace as millennials opt to adopt pets rather than have babies as they delay marriage and home ownership.

Breakups involving pets don't always end this well. A judge in Saskatchewan recently rebuked a childless couple in family court over an application to determine where two of their dogs would

Sharing Rex with the ex



Tiana Leonty and Jarret Wright have shared custody of their five-year-old dog Rex for a year since their split. TORSTAR NEWS SERVICE

stay while the divorce is finalized. The wife asked that the case be treated with a "custody approach" as with kids in a divorce, but the judge decided a "dogs are property" approach was best. In a 15-page decision, the judge recommended the dogs stay with the wife's parents in the interim.

"In Canada, we tend not to purchase our children from breeders," wrote Justice Richard Danyluk, noting that, while "there is a distinction between animals and inanimate objects, it is also true that both are prop-

erty and are not dealt with under child custody principles."

At the Toronto Centre for Canine Education, Caryn Liles has counselled clients during pet custody negotiations. She has successfully co-parented a three-legged dog with an ex for 10 years. The dog, Parker, died last year at the age of 14.

"He was a really sensitive dog in a lot of ways but really bomb-proof in others. He was comfortable going back and forth; he didn't feel uprooted every time," says Liles, who lived a 20-minute streetcar ride from her ex when

they shared Parker. Liles often suggests a "trial period" where the "co-parents" try shared custody for a couple of months and

+ PET PRE-NUP

Animal lawyer Suzana Gartner recommends couples formulate some kind of "pet pre-nuptial" agreement and a post-breakup "pet co-ownership agreement" to avoid mediation.

then reassess.

"If the dog is experiencing behaviour challenges like reactivity or aggression or general anxiety or separation anxiety, shared custody — the back and forth, the uprooting — can be really traumatic for them," she says.

That's what made Leonty nervous about co-parenting Rex with Wright, who was more adamant that they try joint custody.

"I was worried about Rex because he's a rehab dog and the ideal situation is for the dog to have one owner," says Leonty, repeating the advice of multiple

dog trainers. But ultimately, they decided they'd need each other's support in caring for Rex.

"We didn't want to give him up, so we thought we'd do this and see how this works," says Jarret. "It's like sharing a kid."

When they moved out, they decided to live just three blocks apart to make the swapping easy. They didn't draw up any "custody" papers, but soon developed a flexible "3-4/4-3" system: she has Rex for 3 days; he gets Rex for 4, then she for 4 and so on. After one year of co-parenting the arrangement has been a success.

When sharing doesn't work, some people get litigious. That often gains media attention but disputes over animals rarely make it before a judge, says Mike Saini, University of Toronto social work professor and custody evaluator for the Office of the Children's Lawyer.

"Most people can resolve their disputes without the courts," he says. "Family courts are already overtaxed by too many cases. I would rather see these cases be triaged in a different way."

Animal lawyer Suzana Gartner recommends couples formulate some kind of "pet pre-nuptial" agreement and a post-breakup "pet co-ownership agreement" to avoid mediation.

Leonty and Wright aren't thinking about paperwork. After a year of sharing Rex, they've passed the "trial period."

"If a partner comes into the mix, they have to accept the arrangement and the dog," says Wright. "Beyond that they have to accept who my friends are and my ex is one of my closest friends." TORSTAR NEWS SERVICE

Q&A

Why a split can spark a new you



Jill Sockwell's new book, *The Optimist's Guide to Divorce*, sees her outline how divorce can be the spur for real, positive changes in your life.

When Jill Sockwell's marriage came apart, her plan was to binge read her way through the self-help section at the bookstore.

What the mom of two from Maplewood, N.J., found, however, is that those shelves offered mostly dry, clinical books on "surviving" divorce, usually penned by therapists.

"On the flip side there were the memoirs like *Eat, Pray, Love*," says Sockwell, "but I didn't have the time or the budget to go find myself in Bali. I had to find myself on my couch while my kids were asleep in bunk beds."

She did, however, have time to find a new friend in Suzanne Riss, also recently separated. Together they founded a network of single moms called the Maplewood Divorce Club and co-authored a new book called *The Optimist's Guide to Divorce: How to Get Through Your Breakup and Create a New Life You Love*.

You've said you wanted to challenge the notion that divorce is one of the worst things that will ever happen to you. How so?

I remember reading this quote: "The world is round and the place which may seem like the end may also be only the beginning," by (former U.S. treasurer) Ivy Baker Priest. I was like, "That's it! This will be challenging, undoubtedly. It'll be hard for me, it'll be hard for my ex — it's going to be hard for the kids. But I'm going to find purpose from this."

How do people start down that path when at the beginning they're so devastated?

Part of creating a new life when you're going through a separation and divorce — the first part really — is acceptance. So it's kind of getting unstuck from the "coulda,

shoulda, woulda-ing" of the past. To say, "This is really happening." And then once you've accepted that, you have to choose how to move forward. Maybe you don't want to stay (where you're living). Maybe you won't have to. Maybe you never went on a beach vacation because he didn't like the beach. There's little things like that that you get to choose differently now, and then there's big things, like maybe you're going to have a new career. It's guaranteed that your life is going to look different and be different. So once you have accepted that, you can move to the place of being empowered to create a whole new life.

There's such a good message in your book about using the end of a relationship to introduce positive changes in your own life. You changed

career. How have you seen that playing out for the other members of the Maplewood Divorce Club?

I think what's interesting is that we put ourselves in little boxes, as humans, and everybody does it. And I think when you get divorced, it's a great time to get a box cutter and say, "I'm going to give myself a lot more freedom to take stock of who I am right now and what I might want." So what we see a lot in the group is that people make some dramatic changes. They buy new houses. They switch careers. We see people really delve into their past relationship patterns and do a lot of hard work on themselves with the hope and the intention of really switching it up, changing their lives and making the best of every day.

TORSTAR NEWS SERVICE

Managing the world's hospital

DOCTORS WITHOUT BORDERS

Life on the front lines of global crises is getting harder

Genna Buck
Metro | Toronto



ACTIVISM!

Doctors Without Borders — known outside North America as Médecins Sans Frontières (MSF) — has had a tough several years.

The organization was left holding the world's (barf) bag as the major clinical provider on the ground during the 2014-2016 Ebola epidemic in West Africa. It's still reeling from the 2015 U.S. airstrike on an MSF hospital in Kunduz, Afghanistan that killed scores of patients and 14 staff.

Meanwhile, the charity that has been the world's hospital for 40 years has taken on the role of the world's ambulance, too, by manning three ships tasked with rescuing desperate, drowning migrants from the Mediterranean.

Metro spoke to Joanne Liu, a Canadian pediatrician and MSF's international president, about her worries and hopes for global health in 2017, and how, despite being neutral, the group has been forced into an activist role.

How bad was 2016 from your vantage point?

It was a tough year. Flouting of international humanitarian law happened over and over again. We pushed for UN resolution 2286 — it was



Joanne Liu, international president of Médecins Sans Frontières, treats patients in South Sudan in 2015. CONTRIBUTED

actually passed unanimously and backed by 85 countries — but we didn't have much of a change in the field.

As well 2016 has been a really, really, scandalous year for people who are in forced displacement. States have been flouting their commitment to giving protection to refugees.

Which countries specifically need to shape up?

Collectively, something needs

to happen. But the European Union with the EU-Turkey deal is one of the big issues. They have externalized the management of their border to Turkey, which already has three million refugees. They gave (Turkey a deal worth 6 billion Euros) and said "We don't care, just take care of them." Only 70,000 refugees will have access to Europe. This is really outrageous.

As you look into 2017, is the

migrant crisis going to be your top issue?

My top priorities are the attack on the medical mission (in Kunduz); the follow-up of that. Second is the forced displacement crisis. Third is legacy of Ebola, and fourth is the antimicrobial resistance crisis.

What are the challenges around Ebola today?

About 15,000 people survived (the 2014-16 outbreak). Survivors are patients. They still

carry the virus in their body fluids for a time.

The other part of the legacy is developing tools to fight Ebola if it were to come around again. Ebola was discovered in 1976. (In 2014) it had no vaccine, really, no specific treatment, and no rapid diagnostic test. This showed us the failure of the research and development model, which, today, is driven by market potential. So now a lot of people, we're saying we need tools to respond

to potential bio threats. That's going to be the biggest positive legacy of Ebola.

How does the changing political climate affect your work?

It's way too early to say. Does it create uncertainty? Yes. Will it have a rippling effect on Europe? Possibly. What we're concerned about is people looking at everything through the lens of domestic interests. That's very short-sighted. We can't think of our security in isolation of the rest of the world.

When people thought of MSF ten years ago, they weren't thinking of people being rescued from the Mediterranean. What has that been like?

I'm glad that MSF has been able to morph and adapt to the needs of the population in need. This isn't the first time we've done this. When HIV came, we didn't know how to treat it. We developed the know-how as we went along. And I think that's what we're doing as well right now with the forced displacement crisis.

There's increasing rhetoric that refugees and asylum seekers are not legitimate, that they're queue jumpers...

Today, someone who is fleeing for his life is treated as a criminal when he arrives somewhere. Even if we don't think someone is entitled to the label of refugee, they still should be treated with dignity. I think in the 21st century we should be giving dignity to every single human being on earth.



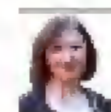
NEW Programs Starting NOW!

Healthcare-Office-Accounting
Business-Information Technology
and More!

GET THE TRAINING THAT GETS THE JOBS!

Academy of Learning
CAREER COLLEGE

SOUTH 297 St Mary's Rd 478-888
NORTH 77 Redwood Ave 582-9400
www.academyoflearning.com



JOHANNA SCHNELLER **WHAT I'M WATCHING**

Nothing 'ish' in special episode

THE SHOW: Black-ish, Season 3, Episode 12
THE MOMENT: Dre's history lesson

Months after the U.S. elected Donald Trump, Dre Johnson's (Anthony Anderson, right) ad-agency colleagues can't stop arguing about it. Stevens (Peter Mackenzie) blames black voters. Daphne (Wanda Sykes) blames white women. Dre snorts.

"Why do you not care about our country?" Stevens asks.

"I love this country," Dre replies, "even though at times it doesn't love me back." In the background, Nina Simone begins singing Strange Fruit. Photos of segregation and urban blight fill the screen.

"The system has never

worked for most black people," Dre says in voice-over. "But we still tried to do our best, even though we had to live in neighbourhoods you wouldn't drive through. Send our kids to schools with books so beat up you couldn't read them. Work jobs you wouldn't consider."

"I'm used to things not going my way," he sums up. "I'm sorry that you're not and it's blowing your mind."

From the opening shot — the Johnson family reacting with shock to Trump's election — you knew this was a Very Special Episode, the sort of cultural com-

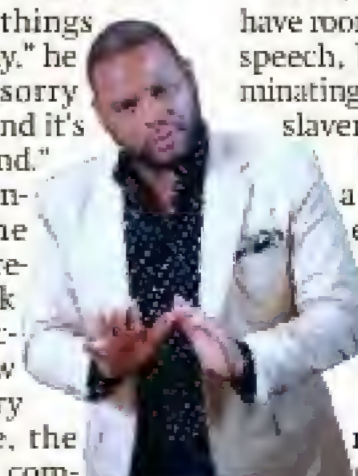
mentary Norman Lear did on All in the Family (rape) and Maude (abortion).

Black-ish creator Kenya Barris is stepping up to be the new Lear — see his prior episode about police shootings of unarmed black men.

Here, he dives deep. I don't have room to quote Dre's whole speech, but it's powerful, culminating in a cri de coeur about slavery.

The episode ends on a call to come together. But Barris has most certainly thrown down a gauntlet about where he's coming from.

Black-ish airs Wednesdays on ABC and City.



SCHOOL AGE

The value of all-day Kindergarten

As Manitoba school divisions begin looking into the benefits of all-day Kindergarten, the Division scolaire Franco-Manitobaine (DSFM) already knows the idea can provide great opportunities for early learners.

That's because the division has been offering full-time Kindergarten for the last 15 years.

"It was initially done as a pilot program but we saw that it had a lot of merit and it's become a regular program," says Louise Legal-Perrin, the DSFM's director of programming. "It makes us unique because I believe there's no other school division in Manitoba that offers full-time



CONTRIBUTED

Kindergarten to all of its students."

Legal-Perrin says for the DSFM — the only school board in Manitoba to offer full-time education in French — all-day Kindergarten offers its young students the benefit of an extended exposure in the French language just as they're starting out in school.

"Many of our students are not necessarily in French daycare and in order for the students to be well prepared to learn in French as a first language the full-time Kindergarten gives them the advantage of having that much more time in a structured play and social interaction environment," she explains.

"There's a lot of research that shows that transition in a child's life is always difficult... and when you can limit those transitions and keep them in an environment that they know and are comfortable with, it can be less stressful on the child as well as on the parents."

All-day Kindergarten is in place at all of the DSFM's 23 schools in Manitoba including their five Kindergarten to Grade 8 schools within Winnipeg, and because the division is publically-funded there is no waiting list for students who qualify for an education in French as a first language.

For parents who may not want their children to be away all day, the division also offers the option of opting-out of the afternoon portion of the program for one day a week.

"The DSFM also developed a staggered entry program to help students acclimate to their new environment and routine," says Legal-Perrin. "Parents are very appreciative of this format."

For more information on the DSFM and their all-day Kindergarten program go to dsfm.mb.ca.



Ici, je peux apprendre et grandir en français!
Here, I can learn and grow in French!



INSCRIPTION À LA MATERNELLE KINDERGARTEN REGISTRATION

Our schools are accepting registrations for our full-time kindergarten program for the 2017-2018 school year.

If you have any questions regarding our program or admissibility to the program, call us at :

204 878-9399

1 800 699-3736 (800 699-DSFM)

Un enseignement en français au cœur du Canada A French education in the heart of Canada

LA DIVISION SCOLAIRE FRANCO-MANITOBAINE
SE DISTINGUE PAR :

- sa maternelle à temps plein,
- la grande qualité de son programme d'éducation,
- ses activités sportives et culturelles diversifiées,
- la qualité élevée du français de ses diplômés.

THE DIVISION SCOLAIRE FRANCO-MANITOBAINE
STANDS OUT FOR:

- its full-time kindergarten;
- the great quality of its educational program;
- the diversity of its sports and cultural activities;
- the high quality of French of its graduates.

Find out if St. Mary's Academy is right for you

St. Mary's Academy is giving prospective students and their parents the chance to tour the school and learn about the educational opportunities available through an Academy education.

The school is holding an Open House and Information Session Jan. 31 for students of any faith interested in starting at St. Mary's Academy in the fall and for younger students and their families who may consider the Grades 7-12 independent school later on in their academic journey.

"The entire school will be open for people to walk through to meet students, faculty, staff and parents," says Connie Yunk, president of St. Mary's Academy. "All five floors of the building are open from our original building (built in 1902) to our 2014 expansion which includes our drama and music wing and our atrium area."

The Open House runs from 7 p.m. to 9 p.m. and will start with a welcome and introductions in Alumnae Hall and conclude with a



CONTRIBUTED

reception hosted by the St. Mary's Academy Parents' Guild.

Tours of the campus and grounds will be led by a team of volunteer students currently enrolled at the school.

"When people tour the school they can't believe how beautiful and historic the facility is," says Yunk. "A lot of people say they drive by it every day but once they come inside they talk about how there's a spirit about the school — a very welcoming spirit about the school."

The Open House is free to the public and there's no registration required to take part.

Go to stmarysacademy.mb.ca for more information about the school and the application process.

ENGINEERING BRIGHT FUTURES

Before taking the STEM program, which incorporates science, technology, engineering and math, Winnipeg Mennonite Elementary & Middle Schools, grade two student Mackenzie wasn't exactly sure what she wanted to be when she grows up.

After spending some time working on team design and building projects, she has made her decision, "I want to be a builder," she says, "just like my dad."

The program has been introduced by grade two teacher Janice Penner. "My friend who works at Google told me they are really trying to encourage kids — especially girls — to get involved in coding and design work," Penner says.

Penner was inspired, and decided to implement a monthly design centre, in which students team up to plan and conceptualize a design, and then bring their idea to fruition by building it.

"Sometimes it works right, and sometimes it's different," says Mackenzie. "It's so much fun, because we get to create everything we have in our mind."

While fun is an amazing byproduct of the program, Penner says it's about teaching the students that using technology can be more than using an iPad. "It's also using a pencil."



CONTRIBUTED

It changes the definition of technology into anything that helps them do a job."

This month, the entire school is participating in a STEM project, designing and building projects made from cardboard. Igniting innovation in their students is one way WMEMS is building a foundation for success in their students.



ST. MARY'S ACADEMY INFORMATION EVENING JANUARY 31, 2017 AT 7:00 P.M.

Students at St. Mary's Academy know that education is more than just opening a book. They are part of a community that encourages spiritual growth, academic excellence, positive mental health and well-being. Each student is challenged to reach her full potential as an individual created in God's image.

New student applications due February 10, 2017

Applications accepted for all grades, with major entry points in Grades 7 & 9
Financial assistance available
All faiths welcome

550 Wellington Crescent, Winnipeg, MB, R3M 0C1 | 204-477-0244
stmarysacademy.mb.ca | [facebook.com/smawinnipeg](https://www.facebook.com/smawinnipeg) | [instagram.com/smawinnipeg](https://www.instagram.com/smawinnipeg) | [twitter.com/smawpg](https://www.twitter.com/smawpg)



Educating young women spirit, mind and body

There is a World of opportunity in our classrooms.

School Open House Events

<p>Tue, Jan 31 Ft. Garry Campus 26 Agassiz Dr 204-261-9637</p>	<p>Wed, Feb 1 St. James Campus 250 Bedson Street 204-885-1032</p>
--	---



WINNIPEG
Mennonite
Elementary & Middle Schools
WMEMS.CA

Building a Foundation for SUCCESS
WMEMS.CA

LEARNING CURVE

The device on the desk debate

Joy to the world, the gadgets have come. Every new and shiny electronic device you could have asked for has landed in your lap over the holidays and you can't wait to show each one off to your post-secondary peers. But hold on a minute before connecting your portable device in the classroom, because it might not be as welcome there as it was under the tree.

"Used properly, they definitely enhance learning," says Lisa Symons, professor in the marketing program at Conestoga College, of portable electronic devices. "However, more



ISTOCK

often than not they aren't used properly."

"Even with a laptop or tablet, I would say only use it in class if you seriously can't write

notes by hand," says Symons, adding that she exercises a no-device policy in some of her classes depending on the subject. "I would

suggest even doing the same during a break — use that time to chat with other students and the instructor, not check your phone. It can wait."

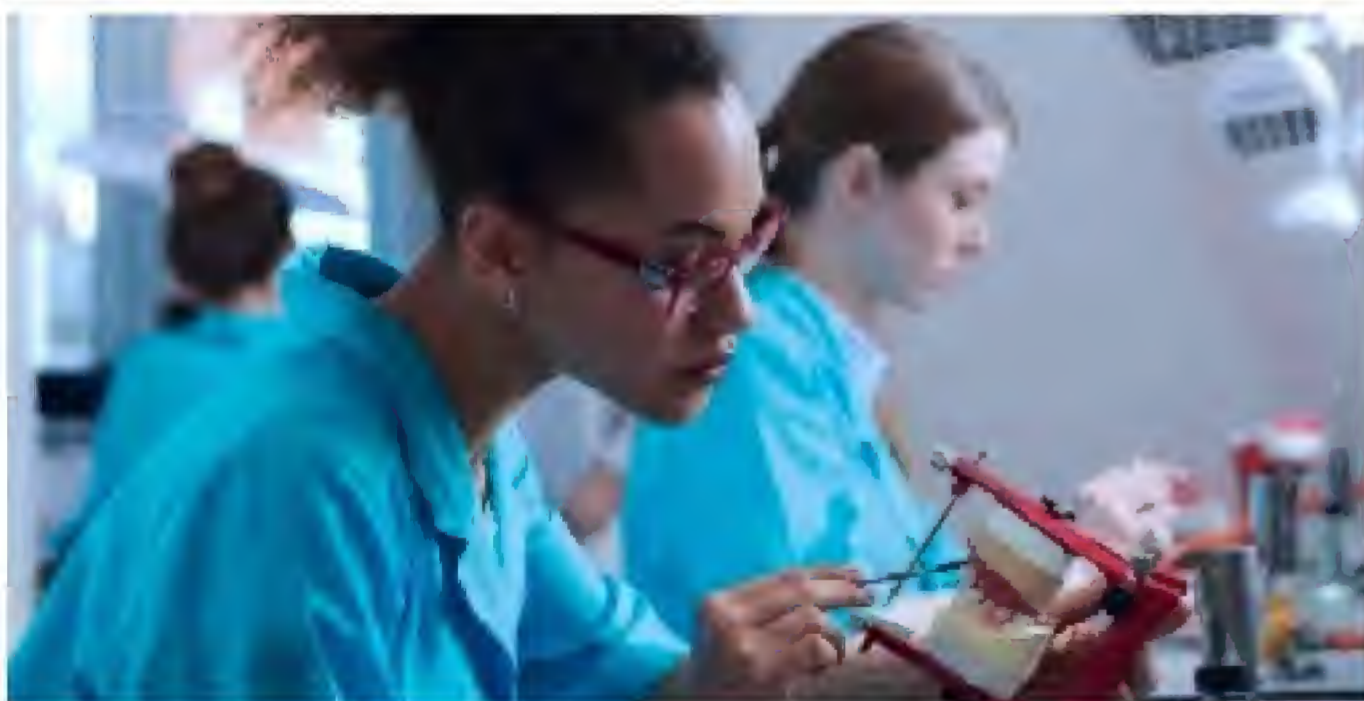
Gordon Gow, director and associate professor in the communications and technology graduate program at the University of Alberta agrees that these devices can offer an immense boost to students, provided they are applied to the learning situation.

"It's your education and your time and money," says Gow. "If you're spending the class time on Facebook, that's a decision that affects what you will get out of the experience."

"If you're easily distracted by your device, then it's up to you to turn it off and put it away during class," Gow adds. "If you're not there to learn then why be there at all?"

But much like the iPhone is to the BlackBerry, not all classrooms are created equal. When it comes to the device debate, checking in with your professor might be the best way to go.

—LIZ BEDDALL



ISTOCK

Find a new career in dental care

A new year means a fresh chance to redefine your life. If you're looking for a rewarding and well-paid new career, the dental care industry may be for you.

The job of an intra oral dental assistant is a challenging and interesting one that you can start on the path towards with a reputable education program.

Intra oral dental assistants provide knowledgeable care and skill for patients in a dental office, supporting the dentist and helping patients maintain their oral health and well-being.

Skilled intra oral dental assistants with good interpersonal skills are always in demand, and the salary is competitive. An intra oral dental assistant can earn up to \$29 per hour in Manitoba, according to jobbank.gc.ca.

Skills and knowledge required for the job includes dental care, pharmacology, oral pathology, and dental radiography — all valued skills in a dental clinic that will help you boost your value in the marketplace and find a great career.

An excellent place to start on this path is CDI College's Intra Oral Dental Assistant diploma program. Graduates emerge from the program with practical skills and theoretical knowledge that are in demand in the dental industry.

The program also provides graduates the option to continue training in the Preventative Dentistry Scaling program.

For more information about the Intra Oral Dental Assistant program at CDI College, call 1-800-360-7186 or visit study.cdicollege.ca.

ASK ABOUT OUR EVENING CLASSES!

CDI
am
an addictions & community services worker

\$3,000 TUITION SCHOLARSHIP*

Want to become an addictions support worker? CDI College's Winnipeg campus is offering a \$3,000 tuition scholarship* for the Addictions & Community Services Worker program.

CDI college
business • technology • healthcare

1.800.675.4392
STUDYACSW.CDICOLLEGE.CA

Financial assistance may be available to qualified applicants. | *Certain restrictions apply. Contact campus for more info.



ISTOCK



CONTRIBUTED

PLAY A VITAL ROLE IN THE HEALTH CARE INDUSTRY

It is never a wrong time to think about going back to school and furthering your education.

If this is the year when you've decided to conquer your fears and pursue that passion of a career in health care, Robertson College can help you achieve these goals through the health-care aide and health-care aide challenge programs.

"Robertson College recognizes that all decisions about going back to school as an adult learner are carefully considered, and we invest in you and your education at initial contact," says Amanda Young, faculty head of health, Robertson College, Winnipeg Campus.

This 26-week program (including a six-week practicum) combines theory and practical training to equip graduates for positions as HCAs, home care attendants, home support workers or personal support workers.

HCAs play a vital role in the health-care industry by helping individuals with many aspects of daily living and management of ongoing medical conditions.

Most HCA's work under the supervision of nurses or other health-care professionals with advancement possibilities in positions including certified nursing unit assistants.

As an HCA, no two days are alike – It is an exciting and challenging career, in which you are always learning.

"Diversity allows HCAs to continually grow and become knowledgeable in several different fields of care," says Young.

"HCAs usually retire from their careers not knowing everything they can know about their profession."

HCA employment opportunities are vast and diverse in terms of where you can work.

Examples range from acute care hospitals, specialized units and long-term care facilities to community home care, private care, palliative care, specialized disorder care, and research.

The HCA challenge program will be of interest to foreign-trained nurses and those who are currently working as uncertified HCAs in Manitoba.

The program is 13 weeks and includes a two-week practicum portion.

For more information about the HCA or HCA challenge program at Robertson College, visit robertsoncollege.com/programs/health-care/health-care-aide/winnipeg.

I NEED:

On-the-job training

**ROBERTSON
COLLEGE**

Explore Your Options at Robertson College.
Morning, Afternoon, Evening, Weekend & Online

204.943.5661 | robertsoncollege.com

Programs

Robertson College has the following intakes for the HCA and HCA challenge programs:

HCA days (7:45 to 11:45 a.m.) Monday to Friday, starting on Jan. 30.

HCA evenings (5 to 9 p.m.) Monday to Friday, starting on Feb. 13.

HCA challenge (5:30 to 9:30 p.m.) Tuesdays, starting on Feb. 14.

HCA weekends (9 a.m. to 5 p.m.) Saturday and Sunday starting on March 18.

HCA days (7:45 to 11:45 a.m.) Monday to Friday, starting on March 27.

Make 2017 the year that you invest in your health

As the New Year rolls in, so do resolutions. People make health resolutions such as losing weight or heading to the gym a priority. While others make resolutions to improve their financial health.

To help with both the physical and financial health resolutions, this is the year for people to use extended health benefits to their full potential.

"It's not uncommon for people to have extended health-care benefits that include massage therapy, but most won't use them," says Shane Parrington, registered massage therapist (RMT) and public relations/volunteer coordinator at Wellington College.

"A majority of massage therapists will see a peak in appointments when insurance plans are coming to the end of a term and a new one is starting. Trying to cram all these appointments in is like trying to cram for a test."

Parrington says there are a number of reasons why people aren't using their

benefits.

These include not knowing what type of coverage they have, having to pay up front because their RMT does not direct bill, confusion over the claim process, and not being educated or encouraged to use benefits by their employers.

When it comes to these reasons, Parrington has a number of suggestions.

First, get to know what type of health coverage or plan you have as coverage varies from plan to plan, and differs for each company.

"Most insurance companies do online claiming/reimbursements and have an FAQ section, email inquiry, or phone line to answer questions," she says.

When it comes to figuring out how to best to use your benefits, Parrington suggests speaking with your massage therapist about dividing up your appointments throughout the year based on your individual health goals.

"And finally, if your employer doesn't



ISTOCK

encourage you to use your health benefits, ask yourself, if you saw a \$500 laying on the ground, would you just leave it?" says Parrington.

"Or re-frame your thinking as being

preventive and your health benefits as an investment in yourself."

A healthy employee cuts down on sick days, which can have a huge impact on company costs.



Wellington
COLLEGE

your future is in your hands

call **204.809.9985**
or visit www.wellingtoncollege.com

The technical and creative skills of the print industry

Printing technology professionals need an understanding of printing press operation, graphics creation and design.

The Manitoba Institute of Trades and Technology (MITT) graphic and print technician (GPT) certificate program teaches students the technical and creative skills for a successful career in the print industry.

"The print industry is forever changing, clients are demanding products that in the past were impossible to create, variable data, creative packaging, graphic designs that push the limit on how they are publicly displayed," says Jan Hamilton, GPT lead instructor, MITT.

"If you are a person that enjoys constant technical change, the print industry would be a perfect fit."

The GPT program's coursework incorporates practical hands-on practice and classroom lectures. Students learn to set up and operate offset, digital and flexographic presses.

Learners will also create wide format digital graphics, with software programs within Adobe's Creative Cloud.

"Within the printing industry, it's important to have a good understanding of graphics and what types are acceptable for different printing methods," says Hamilton.

The GPT class focuses on design and creativity, while providing intensive technical training.

"Instruction is flexible and inclusive, enabling both the beginning and advanced student to make great strides during the 10-month program," says Hamilton.

MITT understands how important it is to connect students with future employers, so students take part in a practicum upon program completion.

"Printers know that MITT strives to train students according to their employment needs," says Hamilton.

Students will graduate into a career in design and layout, image assembly, proofing and platemaking, press and bindery and finishing work. And graduates have options: working in small printing shops, large printing plants, or in the graphic arts departments of companies that publish materials in-house.

Graduates have found employment in a variety of areas, such as photography (printing), press technicians, and more.

This program offers two start dates per year: The start dates for 2017 are Feb. 6 and Sept. 7. For more information about the GPT program at MITT, visit mitt.ca.



CONTRIBUTED

FAST FORWARD YOUR FUTURE

Sparked Your Interest?

Forge the path to succeeding in an in-demand career as an industrial welder. Gain the knowledge and skills you need through hands-on experience designing and fabricating projects by cutting and joining using ferrous and non-ferrous materials. Take the first step towards your apprenticeship by training with welding and fabrication equipment that simulates an industrial shop environment!

Find out how to make your career take shape with our Industrial Welding program.

Skilled Trades • Healthcare • Human Services • Info & Business Tech
• Workforce Development & Continuing Education

Call **204.989.6500**
or visit mitt.ca/weld

Act Now - Our February Programs are Filling Fast: Come to Our Open House on February 22 & 23 and Get Ready for Fall!



MANITOBA INSTITUTE OF
TRADES AND TECHNOLOGY
mitt.ca

Picture yourself in a great new career
as an Industrial Welder

Be the voice of a brand

The media coordinator program at Herzing College is all about expanding traditional marketing to the Internet and social media, but more than this, it is about engaging with customers and the general public.

"(It's about) creating a rapport with which companies can create two-way conversations about their goods and services, relationship with the community, future plans, and much more," says Robin Day, academic dean, Herzing College, Winnipeg.

More frequently now than ever, people are leaving reviews and comments on social about what they like and what they don't like.

This information helps organizations determine how to advance and improve their offerings.

In the past, they have had to spend thousands of dollars for this kind of feedback in the form of focus groups, surveys



STOCK

and questionnaires.

"Today, people are more than happy to volunteer this information, good or bad, through social media and other online channels," says Day.

"The Internet is full of stories of social

media disasters that could have been prevented if only those companies had a trained professional in control of their channels."

The media coordinator program is designed to prepare such professionals. The

first cohort from the program had an employment rate of 91 per cent in the field.

This program has been created for anyone wanting to work in the field of digital marketing. It is a great fit for people who are highly technical as well as creative, with strong writing skills and a good design aesthetic. Those who want to become the voice of a brand, company, non-profit, or other entity, will thrive.

Students will learn about writing for different online environments including blogs, Twitter, Facebook, comments, etc., each of which use a different "voice" and follow a unique set of rules.

They will learn the basics of marketing, in a traditional and an online sense, and how, in a digital landscape, it is a much broader topic than simply advertising.

Students will gain technical skills in graphics management, video, websites, search engine optimization and Google Analytics. They will also have the opportunity to gain Google Analytics and Google AdWords certifications.

The program is nine-months in length with a six-week practicum. It is available on-ground and online with the Flex-Ed program.

For more information about the media coordinator program at Herzing College, visit herzing.ca/winnipeg.



Earn Your Diploma Online!

Ask about our Flex-Ed program format

- Accounting & Payroll Administrator
- Business Administration
- Office Assistant
- Legal Assistant
- Social Media Coordinator
- Supply Chain Management & Logistics
- Systems Technical Support Analyst

Business • Healthcare • Legal • Media • Technology

1700 Portage Avenue
Winnipeg, Manitoba

204.775.8175
wpg-info@herzing.ca

HERZING.CA/WINNIPEG



Career focused • Convenient • Caring

HERZING
COLLEGE

The route to a new career

Ruth Brant worked with a local credit union for several years after earning an undergraduate degree in global political economy, but she knew she wanted more.

"I wanted a career change and a challenge, so I started thinking about going back to school," says Brant.

"I had a temporary role in the credit union that was project-related, and I liked it enough to consider pursuing a career in project management."

After researching what project management programs are available on Manitoba campuses, Brant decided on the project management diploma from the University of Winnipeg Professional, Applied and Continuing Education (PACE).

Her decision was based on recommendations from project management professionals in Winnipeg: PACE was ranked highly for its comprehensive program and its reputation in the industry.

"PACE helped me gain skills I didn't have before the program," she says.

"The hands-on approach allowed me to take risks in the classroom that weren't possible in the workplace."

Not only did Brant learn about project management from experienced instruct-

ors among a diverse student body, but the courses and workshops in communication, leadership, negotiation, and resume-writing all rounded out the experience.

This 12-month program also includes a four-week internship, giving students an opportunity to put their classroom skills to the test in a work environment.

It is generally these internships that help to connect students to future employers.

For Brant, after completing the program she became a project management analyst for Investors Group.

"Going back to school was a leap of faith — I didn't know a lot about project management before the program, but it turned out to be a fantastic fit," says Brant.

The next start dates for UWinnipeg's PACE project management program is Jan. 18, May 1, and Aug. 23. Classes run full-time, Monday to Friday, 9 a.m. to 4 p.m. for 12 months (with holiday breaks). There is also the option to take it on a part-time basis.

For more information about the project management diploma at PACE or to apply, visit pace.uwinnipegcourses.ca.



CONTRIBUTED

INVEST IN — YOUR — FUTURE

DAYTIME | EVENING | WEEKEND | ONLINE

"I got a job in my area of study three weeks before I finished the program. When I signed up for the program I knew I would return to the market quickly."

Realize your potential with PACE

PRISCILLA RIOS,
Marketing Coordinator, Aramark Canada
Class of 2015: Public Relations & Strategic Communications

New Master of Divinity program launches in the fall

Beginning in September, students looking to pursue ministry studies through a master of divinity program will be able to enrol in Anabaptist studies at Providence Theological Seminary.

Offered in collaboration with the Evangelical Mennonite Conference, Anabaptist studies is the preferred degree prerequisite for both ordained pastoral ministry and para-church service in Anabaptist churches.

The Providence program focuses on denomination history, contemporary theology, global studies and pastoral theology, and is informed by Anabaptist traditions of discipleship, mutual accountability, social justice and peaceful living.

Like all master of divinity programs at Providence, Anabaptist studies can be taken from anywhere through distance education. Students do not have to relocate and can continue devoting their time to their families, churches and workplaces.

With a campus just outside Winnipeg in southeast Manitoba, Providence is situated near many of the EMC's 62 churches — a unique location for central Canada's



CONTRIBUTED

largest seminary, and one conducive to providing Anabaptist education.

Providence has been training pastors

and para-church workers for more than 90 years, which means students are able to draw on both the institution's experi-

ence and the expertise of its faculty.

Providence professors are high achievers, having published articles and books exploring numerous books of the Bible and topics ranging from theological anthropology for ecclesiology to Christian counselling.

Graduates of the master of divinity in Anabaptist studies are equipped with strong biblical and theological foundation, a love for the church and a commitment to enhance its well-being, as well as a strong knowledge of Anabaptist distinctives.

Providence alumni are currently employed as pastors and church leaders around the world, and Providence Theological Seminary looks forward to serving the EMC and Anabaptist communities in Canada, and beyond.

Registration for the September start of this program is now open.

Prospective students can apply for the master of divinity in Anabaptist studies at Providence University College by visiting ProvidenceSeminary.ca, by emailing info@prov.ca or by calling toll free 1-800-668-7768.

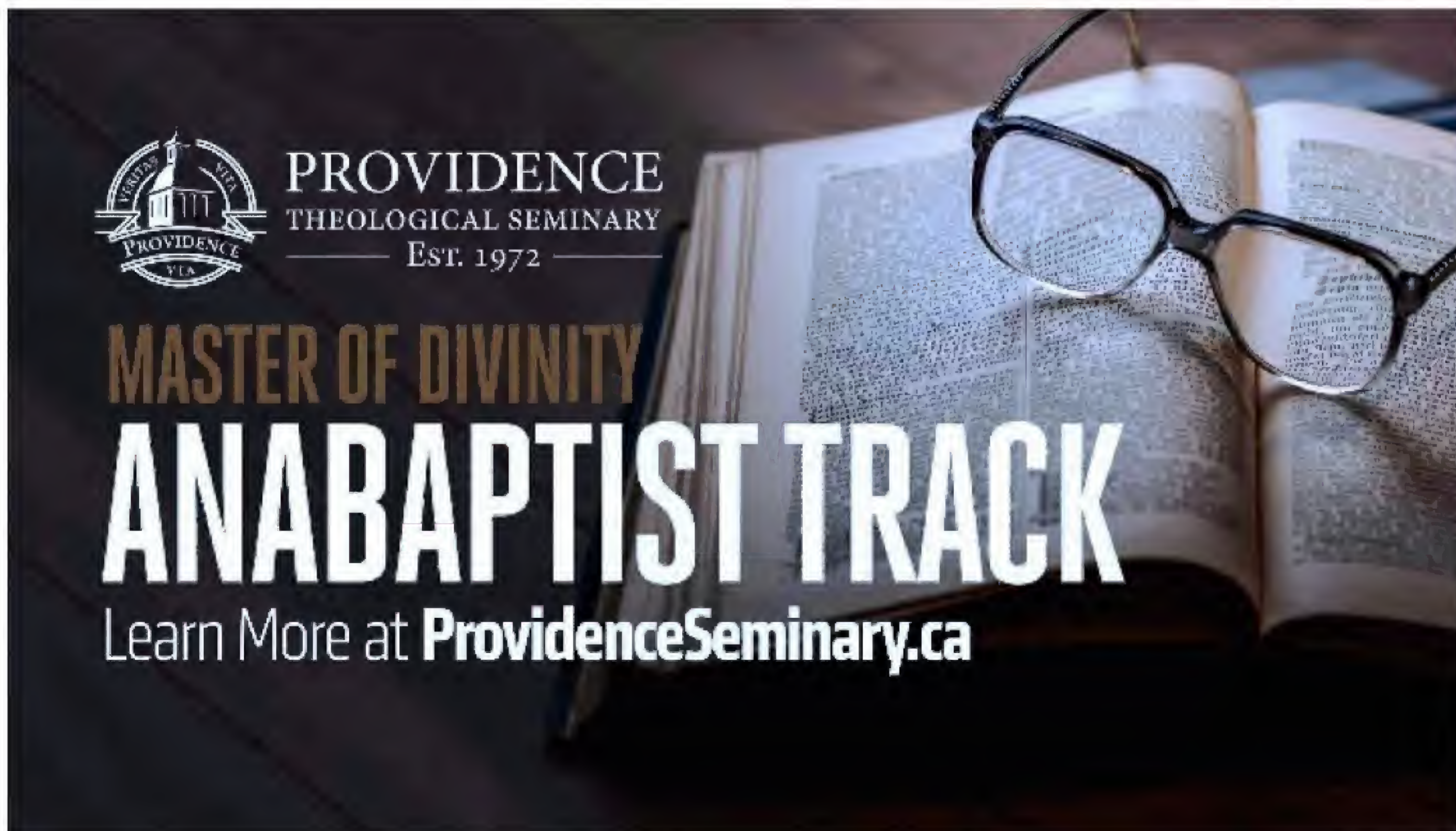


PROVIDENCE
THEOLOGICAL SEMINARY
EST. 1972

MASTER OF DIVINITY

ANABAPTIST TRACK

Learn More at ProvidenceSeminary.ca



Recognize, help people with signs of mental health issues

Most Manitobans will recognize Toro Security & Event Services Inc. for its work keeping things safe at concerts and events across the province, but the Winnipeg-based company also offers training courses beneficial to people in a variety of careers, beyond security.

Toro's mental health first-aid course, which starts in March, is open to the public and trains participants on how to recognize and help people who are displaying signs of mental health issues.

"The course runs through behaviour analysis, crisis analysis, and how to recognize the problems and how to properly deal with them," explains Toro's corporate account manager, Michael Bhowani, of the 12-hour course that will run twice a month.

"We're trying to make this training mandatory for all of our guards, so they're better prepared when they're out doing concerts and events, because we sometimes come across people with maybe mental health issues who might be displaying symptoms of being drunk or intoxicated even though that isn't necessarily the case.

"But the same training can be very helpful for people in health care dealing with

patients and for people working in the service industry, retail, education, human resources and administration."

The mental health first-aid course instructors, who teach at Toro, have psychology degrees and have spent a minimum of four-years in the industry, adds Bhowani.

Toro Security & Event Services Inc. is also a registered Red Cross training partner and it offers courses that are open to the public in all levels of CPR first aid.

"Our CPR training includes everything up until right under an EMT level," explains Bhowani, who is also an approved Red Cross instructor. "Depending on which industry you're in, that will determine what level you'll need."

Everyone who completes a CPR course at Toro receives a wall-mounted Red Cross certificate, as well as a wallet-sized certificate, and the company includes AED training and certification at no additional cost.

"CPR training is something everybody can use," says Bhowani. "It's not industry specific—it's a skill that can save lives."

For more information on the courses available through Toro Security & Event Services Inc., visit torosecurity.com.



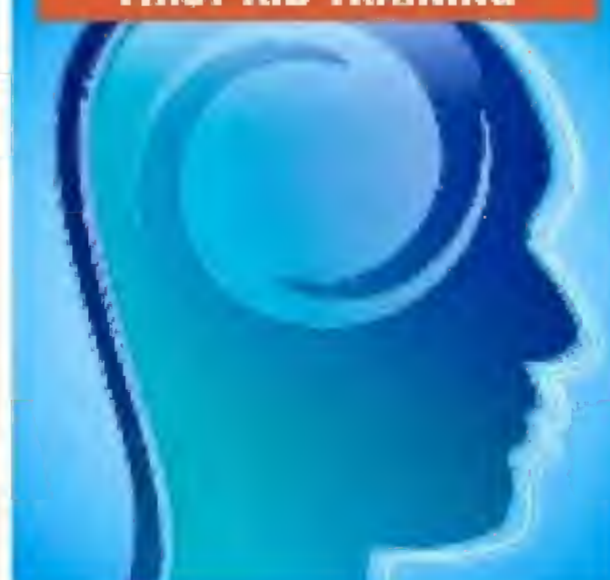
ISTOCK

PROFESSIONAL LEVEL COURSES NOW AVAILABLE REGISTRATION NOW OPEN TO GENERAL PUBLIC

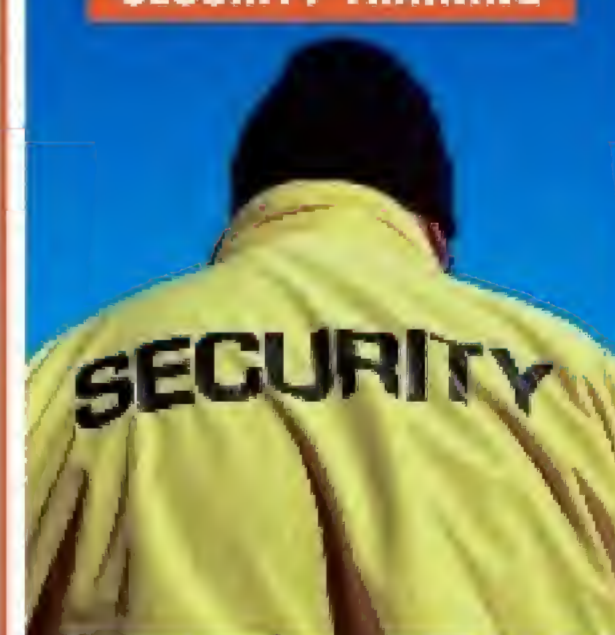
CPR TRAINING



MENTAL HEALTH FIRST AID TRAINING



SECURITY TRAINING



Toro
CAREER DEVELOPMENT

Registration inquiries during business hours, Monday to Saturday 9 a.m. to 5 p.m.

Phone: 204-272-9000 • email: Mike@torosecurity.com

www.torosecurity.com

Get office ready by brushing up on computer software

Not everyone grew up with tablets and smart-phones on hand. For those of us who may not be as computer savvy but are looking to learn the ins and outs of some of the more popular computer applications, the computer applications program at Red River College can help.

Become adept in popular computer applications to work efficiently in an office setting for the first time, or if you are re-entering the workforce after time away.

"We all know technology is changing at a rapid rate, so show potential employers that you have current and relevant training with computer applications courses," says Amanda Simpson, information technologies program manager, RRC.

"These courses offer you a great opportunity to brush up computer skills using common applications such as Microsoft Excel."

The program allows you to choose a specialization in Microsoft Office, Accounting software, Adobe Creative Suite, etc.

It also covers a range of relevant topics including word processing, spreadsheets, photo-editing software, accounting software, and more.

Students will learn current computer skills that will make them an asset to their employer.

Several MS courses are taught by Microsoft master instructor Janet Epps, who won the School of Continuing Education's Teaching Excellence Award in 2016.

"All of our instructors are industry experts who will use their work experience to help you be job ready," says Simpson.

Those who successfully complete the program, will have the skills to work effectively with a range of current, standard, Office Productivity software applications.

They will also demonstrate employability skills and a commitment to professionalism.

"Our goal is to make student job ready," says Simpson.

"We are engaged with employers to ensure RRC students are gaining the skills necessary to enter the job market."

Students can take a few courses in their interest or complete the certificate program.

"You can get a jump start on your courses this summer by taking Microsoft Excel 2016 and Word 2016 from July 10 to 21," says Simpson.

"In just two weeks' time, you could have both courses completed."

For more information about computer applications program at RRC, visit rrc.ca/cap.



ISTOCK


RED RIVER
COLLEGE

SCHOOL OF
CONTINUING EDUCATION

Computer Applications Training

Upgrade your computer skills using the latest Microsoft Office and Adobe Creative Suite applications.

Courses cover a range of relevant topics including word processing, spreadsheets, photo-editing software, accounting software, and more.

Many of the Microsoft 2010 Applications classes follow the Microsoft Office Specialist certification curriculum.

For more information:

204.694.1789 | cde@rrc.ca | rrc.ca/cap

Westmount, Quebec's Eugenie Bouchard advanced to the second round of the Australian Open with a 6-0, 6-4 win over American Louisa Chirico

Bounces go against Jets in California

NHL

Sharks swarm on Winnipeg's West Coast trip

Sharks coach Peter DeBoer wanted a lot more out of his team following a lacklustre shutout loss to St. Louis. Joel Ward more than delivered.

Ward had a short-handed goal and took a hard hit to assist on Timo Meier's marker in helping San Jose beat the Winnipeg Jets 5-2 on Monday for just its third win in eight games.

"That's the commitment we talk about," DeBoer said. "Taking that hit, making that play scores the goal. We need that. Joel's a guy that brings that to the rink almost every night. That's what it's going to take at this time of year in order to have success."

Brent Burns and Chris Tierney also scored and Joe Thornton had an empty-netter as the Sharks bounced back nicely from a 4-0 home loss to St. Louis on Saturday. Martin Jones made 26 saves, allowing two late goals after the game had been decided.

Josh Morrissey broke up the shutout with 2:36 to play and Mark Scheifele added a goal in the final minute after Jones tried to shoot the puck toward the empty net but hit Scheifele instead.

"That's the first time I've tried, and probably the last, too," Jones said.

Michael Hutchinson made 27 saves for the Jets, who have



Sharks forward Timo Meier scores a breakaway goal on the Jets' Michael Hutchinson on Monday in San Jose, Calif. MARCIO JOSE SANCHEZ/THE ASSOCIATED PRESS

MONDAY In San Jose

5	2
SHARKS	JETS

dropped four in a row.

The Sharks broke open a close game with two goals in the first half of the second period, starting when Mark Stuart jumped up into the play and flattened Ward on a clean hit in front of the Jets bench.

Ward's head slammed against the ice but the Sharks took advantage when Chris Tierney played the puck ahead to Meier,

who beat Hutchinson for his second career goal.

Ward was taken off for observation to make sure he didn't have a concussion. By the time he returned midway through the second, the Sharks had added to the lead.

Paul Postma was penalized for closing his hand on the puck and Burns made the Jets pay when his point shot hit off the back boards and then deflected off an unsuspecting Hutchinson's skate and into the net for Burns' 18th.

"The third goal was just one of those bounces you get when you're going through a rough patch," Hutchinson said. "I felt it hit my skate and as soon as

that happened I kind of kicked it pretty hard."

Winnipeg also got the first power-play chance when David Schlemko was called for a high stick, but the Sharks scored when Dustin Byfuglien couldn't keep the puck in the offensive zone. Ward went in on a partial breakaway and beat Hutchinson with a shot from the top of the circle to make it 1-0 just 15 seconds into the man advantage.

"You can't give up so many grade-A chances and expect them all to be saved, we have to help our goaltenders," Scheifele said. "We're just getting away from our game."

THE ASSOCIATED PRESS



MLB OBAMA ENDS TERM BY CELEBRATING CUBS' WIN

U.S. President Barack Obama celebrated the World Series champion Chicago Cubs on Monday and spoke about the power sports has to unite people. "It is a game and celebration," he said. The White House event came four days before Obama hands the presidency over to Donald Trump following one of the most divisive elections in recent memory. THE ASSOCIATED PRESS

CFL

Loyalty leads Adams back to Bombers

Darvin Adams chose family over free agency.

The six-foot-two, 200-pound receiver signed a contract extension through the 2019 season with the Winnipeg Blue Bombers on Monday. Adams was scheduled to become a free agent Feb. 14 and had an off-season workout with the NFL's Cincinnati Bengals.

"I just felt like it was a great decision to be back in Winnipeg," Adams said in a conference call. "Where I'm from loyalty is very important and family is a big thing."

"I feel like Winnipeg is a family and loyalty is shown there and I wanted to keep up my part of the deal."

Adams had 51 catches for



Darvin Adams THE CANADIAN PRESS

690 yards and six touchdowns last season despite playing in only eight games because of a broken collarbone. He had over 100 yards receiving in four of those contests.

"Darvin has continued to develop over the past two seasons, and in our view, is now one of the league's top-end targets," Winnipeg GM Kyle Walters said in a statement. "He was having a great season last year before unfortunately suffering a tough injury, but we look forward to watching him build off of his season in 2017 and beyond."

THE CANADIAN PRESS

IN BRIEF

Bautista, Jays work on deal

Outfielder Jose Bautista and the Toronto Blue Jays are "working really hard" to bring him back to the club, a person with knowledge of the negotiations told the Associated Press on Monday.

The person spoke on condition of anonymity because negotiations are ongoing. The sides are discussing one-, two- and three-year agreements.

The 36-year-old Bautista hit 22 homers with 69 RBIs last year while batting .234 in an injury-slowed season.

THE ASSOCIATED PRESS

Embiid leads Sixers to win

Joel Embiid scored 12 of his 22 points in the fourth quarter and the Philadelphia 76ers won for the fourth time in five games, beating the Milwaukee Bucks 113-104 on Monday.

The Sixers improved to 13-26. Their only recent loss was Saturday at Washington, when Embiid didn't play. Embiid is limited to 28 minutes per game while trying to overcome injuries that have slowed his career.

THE ASSOCIATED PRESS

CURLING

No betting against Carruthers

It's been quite some time since Team North America felt defeat.

Team North America stretched its victory streak against Team World to five straight years by capturing the 2017 Continental Cup on Sunday in Las Vegas.

A steep-angle double takeout by Winnipeg's Reid Carruthers sealed the deal in the fourth end of his game against Team World's Niklas Edin of Sweden.

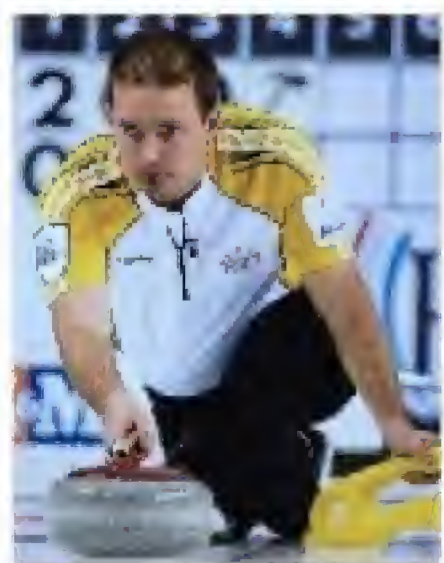
setting off a wild on-ice celebration with his North American teammates.

The final margin for North America in the race to 30.5 points was 37-23, leaving Team World in the runner-up position yet again — a role it's had to endure since its last victory in 2012 at Langley, B.C.

"Oh, the adrenaline is still running through me, to be honest," said Carruthers, who

along with vice-skip Braeden Moskow, second Derek Samagalski and lead Colin Hodgson would end up winning his skins game against Edin, 3.5-1.5.

"For a clinching shot like that, it was pretty exciting. I knew the bench was going to be going crazy so that's why I looked there first, and the crowd figured it out when we were celebrating so hard. It was pretty cool." THE CANADIAN PRESS



Winnipeg's Reid Carruthers THE CANADIAN PRESS

MAKE IT TONIGHT

Elevated Shrimp and Orzo Skillet Dinner



PHOTO: MAYA VISHNEI

Cori Marsh & Laura Keogh
For Metro Canada

Pantry staples help elevate this easy shrimp skillet dish featuring a zest sauce with tomatoes and balsamic vinegar.

Ready in 30 minutes

Prep time: 10 minutes
Cook time: 20 minutes
Serves 4

Ingredients

- 1 Tbsp (15 ml) olive oil
- 1 onion, diced
- 3 cloves of garlic, minced
- 1/2 tsp (2 ml) dried oregano
- 2 cups (500 ml) vegetable stock
- 1 x 14 oz (414 ml) can of diced tomatoes
- 1/3 cup (80 ml) balsamic vinegar
- salt and pepper
- 1 cup (250 ml) orzo
- 1 lb (450 g) cleaned, de-

- veined shrimp
- big handful of fresh basil, sliced
- 1/2 cup (125 ml) feta, crumbled

Directions

1. In a large skillet, sauté onion and garlic in oil over medium heat until they smell great and soften up. Add the oregano and cook for another minute. Pour in stock, vinegar and tomatoes and taste for seasoning. Add salt and pepper.

2. Add the orzo and allow everything to simmer for 15 minutes.

3. Drop in your shrimp and cook for another 3 to 5 minutes, or until the shrimp turn pink and opaque. Sprinkle basil and feta over top and serve.

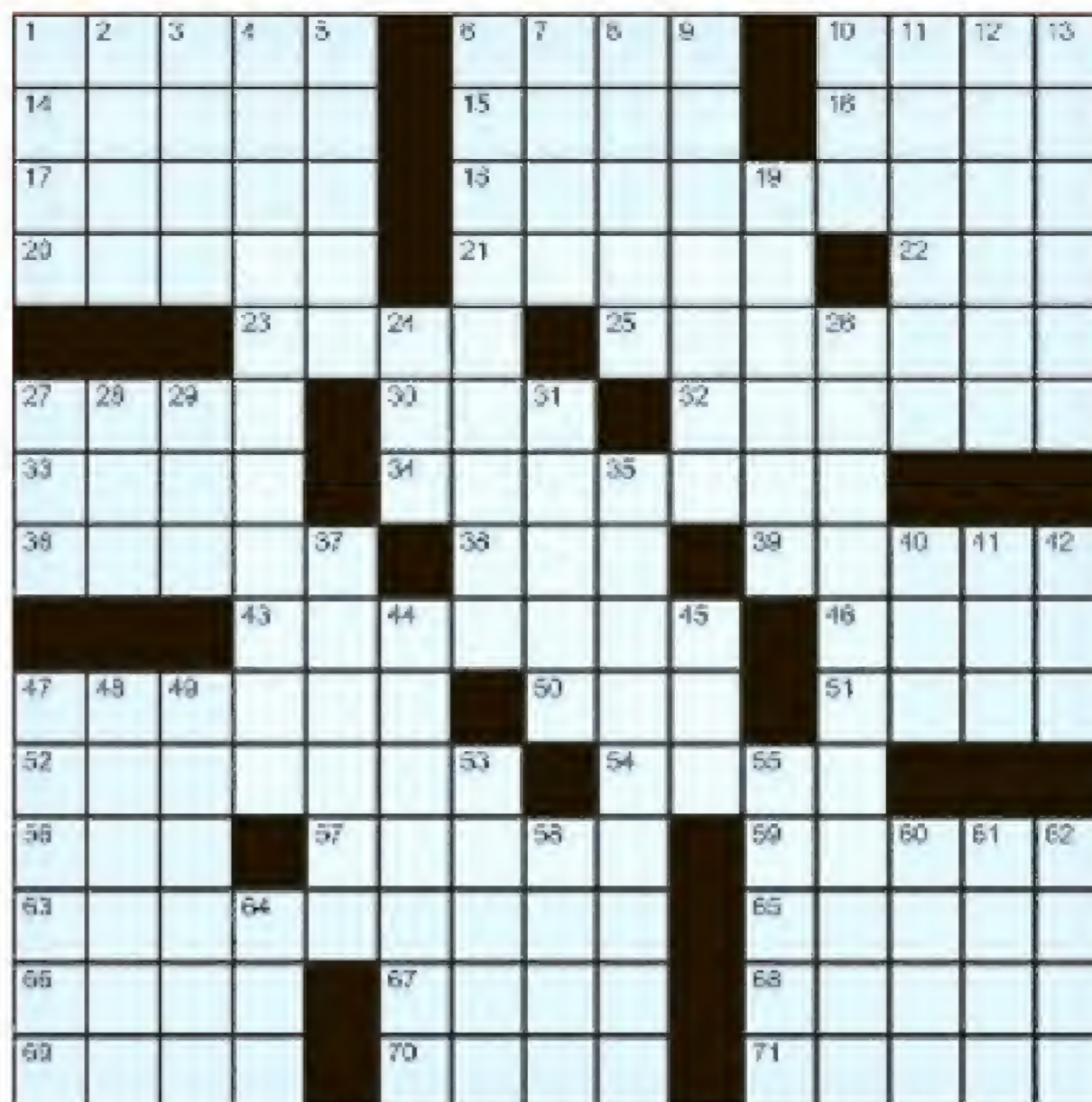
FOR MORE MEAL IDEAS, VISIT
SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- Sports car power booster, hip-style
- 'Demo' suffix (Politician sort)
- Res __ loquitur (Negligence standard, in law)
- __ management
- Comb's comb-ee
- Bonds
- Rover
- Arli Terrier types
- Result
- Boeotian Muse of memory
- WNW's opposite
- Canadian literary critic Northrop
- Country legend Ms. West's
- Ritzy ride
- Antiquity
- Surnamesakes of "The Good, the Bad and the Ugly" (1966) director Sergio
- Completed
- Appease the audience
- Pounds, as hail
- Not 'their'
- Powerful tennis shot
- Sporting dog, English Springer __
- Peter Gabriel's "In __ Eyes"
- Give the patrons a better table
- Rocker Mr. Snider
- Slaloms
- From one side only, in law: 2 wds.
- The Queen, less formally
- Feathery fashion
- Ms. Blair



- "Beverly Hills, 90210" character
- Speaks to the crowd
- 'Affirm' suffix (Giving assent)
- Wed's calendar predecessor
- The Jackson 5 member

- Use a landline
- Gas station name
- Visible
- Precept

DOWN

- Composer's creation
- Stratford-__ -Avon

- Spinning stats
- Arctic body of water: 2 wds.
- Choose a restaurant dish
- Lizard with many looks
- "__ Man" (1988) starring Tom Cruise and Dustin Hoffman

- Showed TV shows
- Vibration in music
- "Let's call __ day"
- Board the bus as a bunch: 2 wds.
- "__ Rider" by Eric Burdon & The Animals

- Evaluate
- Dissuades
- "You got it."
- Canadian design expert whose great-grandfather Conn is an Honoured Member of the Hockey Hall of Fame and also has an NHL trophy named after him: 2 wds.
- Chop off
- Beatles: " __ Got a Feeling"
- Cröner Mr. Torme
- Stonehenge ritualist
- Square and Compasses secret member
- Scant
- Hunky-dory
- __ generis (Unique, in Latin)
- Puny day parts
- Bears witness
- Ms. Michele
- Discount
- Departure led by Moses in the Old Testament
- "Ace of __" by Motorhead
- Vintage dairy products cow
- Modify
- Apportion
- Canadian dollar bird, Common __
- "Rule, Britannia" composer
- Moscow nope
- '70s record label

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today the Moon is 180 degrees opposite your sign, which means you have to cooperate with others. This is not a big deal. It just requires a little patience and tolerance.

Taurus April 21 - May 21
Today you want to be efficient in everything. This is why you might be impatient with others if they get in your way. Be careful that your impatience doesn't create more problems!

Gemini May 22 - June 21
This is a playful day. You are in touch with your creative vibes. Enjoy sports events, social outings and fun activities with children.

Cancer June 22 - July 23
A conversation with a female family member might be significant today. In any event, you will want to cocoon at home, if possible.

Leo July 24 - Aug. 23
Short trips, conversations with others and a busy to-do list will keep you on the go today. It's a strong day for writers and people in sales, marketing, teaching and acting.

Virgo Aug. 24 - Sept. 23
Avoid disputes about money and cash flow today, because they might arise. Nevertheless, your focus is on financial matters, shopping and earning money.

Libra Sept. 24 - Oct. 23
Today the Moon is in your sign, which gives you a slight advantage over all the other signs. Use this if you can; it happens for two days every month.

Scorpio Oct. 24 - Nov. 22
You might prefer to work alone or behind the scenes today, even though this is a busy time for you. This is an ideal day to catch your breath and get some perspective.

Sagittarius Nov. 23 - Dec. 21
A conversation with a female acquaintance could be important today. Why not share your future goals with this person to get her feedback?

Capricorn Dec. 22 - Jan. 20
Personal details about your private life might become public today, because the Moon is high in your chart. Just go with the flow — you can handle this.

Aquarius Jan. 21 - Feb. 19
Today you want to do something different to break up your routine. That's because you want a little adventure and a chance to learn something new. Good luck!

Pisces Feb. 20 - March 20
Shared property, taxes, debt, inheritances and insurance issues might be your focus today. Wrap up loose details in these areas, if you can.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

6	8						3	2
2		4				1		5
3			8	5	2			9
	3						7	
1			5		4			6
5								8
7			1	4	8			3
	1						4	
		8	3	7	9	6		

©2014 Conceptis Puzzles. All rights reserved. See: www.conceptispuzzles.com

DOWNLOAD METRO'S NEW APP NOW

•LOCAL NEWS • VIEWS •LIFE • SPORTS

>>>

OFFLINE READING

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

3	8	4	5	6	7	2	1	9
9	5	2	1	3	8	4	6	7
6	7	1	4	9	2	5	8	3
2	1	9	7	8	4	3	5	6
4	3	8	2	5	6	9	7	1
5	6	7	9	1	3	8	4	2
7	2	5	6	4	9	1	3	8
1	9	3	8	7	5	6	2	4
8	4	6	3	2	1	7	9	5



Open House

Tuesday, February 21, 2017

11am - 2pm and 5pm - 8pm

Wednesday, February 22, 2017

9am - 2pm

At Red River College's Open House, students can:

- Learn about RRC programs and campus life
- Explore residence
- Meet with Instructors and Academic Advisors
- Visit our Student Services Showcase

Notre Dame Campus | Exchange District Campus | Stevenson Campus

Enter to win one of two **\$2,500** bursaries, proudly sponsored by Metro News.

rrc.ca/openhouse